



Faculty of Cognitive Sciences and Human Development

GENDER DIFFERENCES IN THE RELATIONSHIP BETWEEN SELF-ESTEEM AND INTERNET ADDICTION: A STUDY AMONG UNIVERSITY STUDENTS

Nurul Najwa binti A Ramli

**Bachelor of Science (Honours)
(Cognitive Science)
2020**

UNIVERSITI MALAYSIA SAWARAK

Grade: A _____

Please tick (✓)

Final Year Project Report

Masters

PhD

✓

DECLARATION OF ORIGINAL WORK

This declaration is made on the 22 day of JULY year 2020.

Student's Declaration:

I NURUL NAJWA BINTI A RAMLI (62279), FACULTY OF COGNITIVE SCIENCES AND HUMAN DEVELOPMENT hereby declare that the work entitled GENDER DIFFERENCES IN THE RELATIONSHIP BETWEEN SELF-ESTEEM AND INTERNET ADDICTION: A STUDY AMONG UNIVERSITY STUDENTS is my original work. I have not copied from any other students' work or from any other sources except where due reference or acknowledgement is made explicitly in the text, nor has any part been written for me by another person.

22 JULY 2020

najwa

Date submitted

NURUL NAJWA BINTI A RAMLI (62279)

Supervisor's Declaration:

I ASSOC. PROF. DR. PRASHANTH TALWAR YADAV hereby certifies that the work entitled, entitled GENDER DIFFERENCES IN THE RELATIONSHIP BETWEEN SELF-ESTEEM AND INTERNET ADDICTION: A STUDY AMONG UNIVERSITY STUDENTS was prepared by the above named student, and was submitted to the "FACULTY" as a * partial/full fulfilment for the conferment of BACHELOR OF SCIENCES WITH HONOURS (COGNITIVE SCIENCE), and the aforementioned work, to the best of my knowledge, is the said student's work

Received for examination by: _____

Talwar.P
ASSOC. PROF. DR. PRASHANTH TALWAR YADAV

Date: 4/8/20

I declare this Project/Thesis is classified as (Please tick (√)):

- ☐ **CONFIDENTIAL** (Contains confidential information under the Official Secret Act 1972)*
☐ **RESTRICTED** (Contains restricted information as specified by the organisation where research was done)*
☒ **OPEN ACCESS**

Validation of Project/Thesis

I therefore duly affirmed with free consent and willingness declared that this said Project/Thesis shall be placed officially in the Centre for Academic Information Services with the abide interest and rights as follows:

- This Project/Thesis is the sole legal property of Universiti Malaysia Sarawak (UNIMAS).
- The Centre for Academic Information Services has the lawful right to make copies for the purpose of academic and research only and not for other purpose.
- The Centre for Academic Information Services has the lawful right to digitise the content to for the Local Content Database.
- The Centre for Academic Information Services has the lawful right to make copies of the Project/Thesis for academic exchange between Higher Learning Institute.
- No dispute or any claim shall arise from the student itself neither third party on this Project/Thesis once it becomes sole property of UNIMAS.
- This Project/Thesis or any material, data and information related to it shall not be distributed, published or disclosed to any party by the student except with UNIMAS permission.

Student's signature: najwa
Date: 22 JULY 2020

Supervisor's signature: Talwar P
4/8/20

Current Address: Universiti Malaysia Sarawak (UNIMAS)
93400, Kota Samarahan
Sarawak

Notes: * If the Project/Thesis is **CONFIDENTIAL** or **RESTRICTED**, please attach together as annexure a letter from the organisation with the period and reasons of confidentiality and restriction.

[The instrument was duly prepared by The Centre for Academic Information Services]

**GENDER DIFFERENCES IN THE RELATIONSHIP BETWEEN SELF-ESTEEM
AND INTERNET ADDICTION: A STUDY AMONG UNIVERSITY STUDENTS**

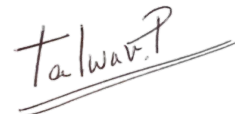
NURUL NAJWA BINTI A RAMLI

This project is submitted
in partial fulfilment of the requirements for a
Bachelor of Sciences with Honours
(Cognitive Science)

Faculty of Cognitive Sciences and Human Development
UNIVERSITI MALAYSIA SARAWAK
(2020)

The project entitled ‘Gender Differences in the Relationship between Self-esteem And Internet Addiction: A Study among University Students’ was prepared by Nurul Najwa binti A Ramli and submitted to the Faculty of Cognitive Sciences and Human Development in partial fulfillment of the requirements for a Bachelor of Science with Honours (Cognitive Science)

Received for examination by:



(Assoc. Prof. Dr. Prashanth Talwar Yadav)

4/8/2020 Date:

A

ACKNOWLEDGEMENT

First of all, I would like to express my deep gratitude to Assoc. Prof. Dr. Prashanth Talwar Yadav, my research supervisor for his patient guidance, enthusiastic encouragement and useful critiques of this final year project. His willingness to give his time so generously has been very much appreciated. I would also like to thank for his help and advice in doing the data collection and data analysis.

Furthermore, my grateful thanks are also extended to the students who had participated in my questionnaire survey.

Lastly, I wish to thank my parents and friends for their support and encouragement throughout my project. My family continuously give their support to me to complete my research while my friends help and guide me as I encounter problem during doing the project.

Table of Contents

ACKNOWLEDGEMENT	3
ABSTRACT	7
ABSTRAK	8
 CHAPTER 1: INTRODUCTION	 9
1.0 Introduction	9
1.1 Background of Study	15
1.2 Problem Statement	17
1.3 General Objective.....	19
1.3.1 Specific Objective	19
1.3.2 Research Hypothesis	19
Null Hypothesis.....	19
1.4 Conceptual Framework	19
1.5 Definition of term.....	20
1.6 Contribution of the study	22
1.7 Limitations of Study.....	22
 CHAPTER 2: LITERATURE REVIEW	 23
2.1 Introduction	23
2.2 Issues Related.....	23
2.3 Past Similar Finding	26
2.3.1 The relationship between gender and internet addiction.....	26
2.3.2 The relationship between gender and self-esteem	27
2.3.3 The relationship between the self-esteem and internet addiction	28
2.4 Related Theory	29
2.4.1 Maslow's hierarchy theory.....	29
2.4.1.1 Physiological Needs	29
2.4.1.2 Safety Needs.....	29
2.4.1.3 Belongingness and Love Needs	30
2.4.1.4 Esteem Needs	30
2.4.1.5 Self-Actualization	30
2.4.2 Rosenberg Self-esteem Theory	32

CHAPTER 3: METHODOLOGY	34
3.1 Introduction	34
3.2 Research Design.....	34
3.3 Population and Sample.....	35
3.4 Research Instrument.....	36
3.5 Validity and Reliability	37
3.6 Pilot Study	38
3.7 Ethics of Study	39
3.8 Data Collection Procedure	39
3.9 Data Analysis	40
 CHAPTER 4: FINDINGS	 41
4.0 Introduction	41
4.1 Data collection, population and sample of actual study.....	41
4.2 Reliability Test.....	42
4.3 Demographic Characteristics of Respondents	43
4.4 Independent T-Test	50
4.4.1 Gender and Self-Esteem.....	50
4.4.1 Gender and Internet Addiction.....	51
4.5 Pearson Correlation.....	52
4.6 Summary	53
 CHAPTER 5: DISCUSSION, RECOMMENDATION, AND CONCLUSION.	 54
5.0 Introduction	54
5.1 Discussion on Main Findings.....	54
5.1.1 Discussion between gender and self-esteem	54
5.1.2 Discussion between gender and internet addiction	56
5.1.3 Discussion on self-esteem and internet addiction	57
5.2 General Summary.....	58
5.3 Limitations of study	63
5.4 Contribution of study	63

5.4 Recommendation.....	63
5.4.1 Recommendations for future research	64
5.5 Conclusion	65
References	66
Appendix A	73
Appendix B	81
Result of SPSS	81

ABSTRACT

The aim of this study was to study gender differences in the relationship between self-esteem and internet addiction among university students. The relationship between gender towards self-esteem and internet addiction were also explained. The data was collected from 111 undergraduate final year students at a faculty in a university in Kota Samarahan. In this study, quantitative approach is applied to examine the relationship between variables. A cross-sectional study methodology was used to study the gender difference in the relationship between self-esteem and internet addiction and obtain the information from collecting the data through convenience sampling method. Statistical Package for Social Science (SPSS) was used to analyse the data. In this study, descriptive statistics is used to determine the demographic profile of students. Other than that, independent t-test is used to find the relationship between gender and internet addiction, and self-esteem. Pearson correlation is used to find the relationship between self-esteem and internet addiction. The gender shows there is no significant relationship between self-esteem and internet addiction. However, there is a significant relationship between self-esteem and internet addiction.

ABSTRAK

Tujuan kajian ini adalah untuk mengkaji perbezaan jantina dalam hubungan antara harga diri dan ketagihan internet di kalangan pelajar universiti. Hubungan antara jantina terhadap harga diri dan ketagihan internet juga dijelaskan. Data dikumpulkan dari 111 pelajar tahun akhir sarjana di fakulti di sebuah universiti di Kota Samarahan. Dalam kajian ini, pendekatan kuantitatif diterapkan untuk mengkaji hubungan antara pemboleh ubah. Metodologi kajian keratan rentas digunakan untuk mengkaji perbezaan jantina dalam hubungan antara harga diri dan ketagihan internet dan mendapatkan maklumat dari pengumpulan data melalui kaedah pengambilan sampel kemudahan. Pakej Statistik untuk Sains Sosial (SPSS) digunakan untuk menganalisis data. Dalam kajian ini, statistik deskriptif digunakan untuk menentukan profil demografi pelajar. Selain itu, ujian-t bebas digunakan untuk mencari hubungan antara jantina dan ketagihan internet, dan harga diri. Korelasi Pearson digunakan untuk mencari hubungan antara harga diri dan ketagihan internet. Jantina menunjukkan tidak ada hubungan yang signifikan antara harga diri dan ketagihan internet. Walau bagaimanapun, terdapat hubungan yang signifikan antara harga diri dan ketagihan internet.

CHAPTER 1: INTRODUCTION

1.0 Introduction

Today, information technology is evolving at a faster pace the world is connected without boundaries and boundaries. Information technology or briefly ICT (Information Communication Technology), brought about a change significant in our developing lives (Lee, 2002). The Internet is an information channel and widely used communications. Previously the use of the Internet was dependent on a computer. Now the Internet is also accessible by using a mobile phone with wireless Internet service software. As such, wireless Internet services are available everywhere, such as cafes, restaurants, airports, hotels and shopping malls. They are making it easy for users to access the Internet. Because of the existence of the company providing wireless and broadband Internet services at low prices such as Celcom and Maxis companies are one of the increasing numbers of cyber browsers in Malaysia. From time to time, the subscription price for wireless Internet and broadband services decreases at a reasonable rate because of these companies compete to attract Internet users to subscribe. Therefore, most residents are either non-urban or self-owned Internet services, especially broadband, to enable them to access the Internet where and whenever they want.

The Internet has been defined as a worldwide PC arrange, giving an assortment of data and correspondence offices, comprising of interconnected frameworks utilizing institutionalized correspondence conventions (Kant, 2018). The web is assuming a crucial job in each field of human life. The Internet is considering a remarkable role in our lives as a method for correspondence, data trade, stimulation,

and social communication paying little mind to time and place confinements. It is essential, accessible, and moderate to all ages and socio-prudent levels. Presently the Internet is being considered as blood in the Information sharing society. The most basic administrations that the Internet presents to the clients give new conceivable outcomes to recover and trade data, interface us with others, and engage us (Seabra et al., 2017).

However, excessive Internet use and a preoccupation with and loss of control over this use can be lead to Internet Addiction (Fayazi & Hasani, 2017). As indicated by Young (2004), Internet Addiction is characterized as a wild want for going on the web, joined by a debasement of time spent without the net, apprehension, and hatred in circumstances where the Internet is not open, and dynamic interruption of family and public activity. However, Shaw & Black (2008) stated that an appropriate classification of Internet addiction had been debated.

According to Wu, Cheung, Ku, & Hung (2013), the study shows the academic performance in their college samples is strongly impacted by addiction to the internet as it also becoming as a severe mental health issue. Other than that, Internet addiction (IA), appears to be a relatively common behavioural addiction. It additionally has explicit manifestations and will experience similar results realized by dependence on liquor and medications just as other obsessive behaviours (Alavi, Ferdosi, Jannatifard, Eslami, & Alaghemandan, 2012).

The investigation of Morahan-Martin & Schumacher (2003) shows sorrow can be a factor of excessive Internet use since clients are investing energy on the web, frequently putting resources into online connections, which are fake and frail, to the detriment of genuine relationships. The developing number of studies directed on Internet compulsion uncovers that Internet Addiction Disorder is a psychosocial issue, the highlights of which incorporate absence of persistence, manifestations of disengagement and enthusiastic problem and interference of social relations (Tonioni et al., 2012). On the other hand, Block (2008) stated that South Korea recognized the internet addiction as a severe health problem.

Gender differences have been frequently reported in the patterns of addictive behaviours and its motivations, including Internet addiction. As per past examinations, guys are bound to enjoy on the Internet than females (Li, Zhang, Lu, Zhang, & Wang, 2014). Their investigations additionally show that dependent on the aftereffects of a broad delegate test study in China, the level of guys with Internet compulsion was mostly higher than females: 14.8% among guys and 7.0% among females. As referred to in Liang, Zhou, Yuan, Shao, & Bian (2016), numerous reports indicate sexual orientation contrasts in the inspirations for utilizing the Internet. Chou, Condron, & Belland (2005) additionally found that guys, in general, experience increasingly addictive practices when messing around identified with control and controlling or investigating sexual dreams on the web. Besides, females are bound to speak with both shut and mysterious companions online to share their sentiments and feelings. Albeit, a few studies have reported higher rates in female students.

Next, as stated on Bahrainian, Haji Alizadeh, Raeisoon, Hashemi Gorji, & Khazae (2014), self-esteem has risen as a factor related to Internet use and risky Internet use. For instance, research on self-esteem and the use of the Internet includes studies examining adolescents' use of some social networking sites and their association with their self-esteem. These investigations have demonstrated that young people with low confidence will, in general, invest more energy in person to person communication destinations than those with higher confidence (Kim, 2015) & (Stein, Ellison, & Lampe, 2008).

According to Landers & Lounsbury (2006), personality traits play a significant role in human performance. Wants, inspirations, qualities, and requirements are affected by personality as well. However, the effect of self-esteem and the Big Five personality traits are inspected in a quite small number of studies (Błachnio, Przepiórka, Senol-Durak, Durak, & Sherstyuk, 2016). Their research also shows degree of confidence can be a decent indicator of Internet dependence. Individuals who assess themselves with substantial self-analysis and view themselves as shameful are progressively inclined to Internet addiction.

Self-esteem refers to how an individual thinks, worth, see, and sense about themselves (Cherry, 2019). It includes a decent variety of trusts about us, for example, the judgment of our appearance, religions, sentiments, and practices. One's confidence in adulthood is influenced by occasions in one's young years. Individuals with healthy self-esteem love themselves and value their accomplishments, while individuals who have low confidence will feel miserable or unsatisfied with themselves most of the time.

Self-esteem developed gradually after some time since childhood. It can start when an infant or child gets adoring consideration, feels cherished, acknowledged, and safe. A little child and small kids ready to do basic things they need independent from anyone else without assistance from others. They feel aroused and agreeable about themselves when they can apply their new capacity to accomplish something great. Subsequently, confidence creates when guardians give the feeling of glad to them, give more consideration, grins with them, and let them have a take a stab at everything.

Many studies have analyzed sexual orientation and age contrasts in self-esteem. A vigorous finding to rise out of this writing is a vast sexual orientation hole with the end goal that males will, in general, report more elevated levels of confidence than females do (Bleidorn et al., 2010). Notwithstanding, the investigation of Vasile (2015) demonstrated that there is a definite connection between's simply the abstract self-perception and the regard for the females. It implies if the sexual orientation is females, so confidence is higher. Additionally, the outcomes got for the self-esteem in

the men's gathering were lower than those for the ladies' meeting, implying that, for this example, the men have lower confidence than ladies. Fioravanti et al., (2012) discovered young ladies scored altogether higher than young men on the Internet Addiction Test.

1.1 Background of Study

The study will focus on students who study in campus Universiti Malaysia Sarawak (UNIMAS) which is located at Borneo, Kota Samarahan, Kuching, Sarawak. The targeted respondents are students at the Faculty of Cognitive Science and Human Development.

Self-esteem is characterized by how we sense about ourselves and the value that we position ourselves. Fabricated and change of confidence because of various beneficial encounters, the exercise that we figure out how to rehearse for the social association and the world. The families love to help, and acknowledgment can shape a strong establishment for our confidence. At the point when an individual inclination, their desires are not meet with other's desires, getting no recognition and tormenting can add to negative convictions about yourself. Encounters during youth assume a first job in building our essential confidence (Saadat, Ghasemzadeh, & Soleimani, 2012). People who have scored low confidence experience more difficulty when confronting issues and impediments. An understudy's confidence significantly affects nearly all that she does, incorporating took part in exercises, adapt to problems, and communicate with others. Low confidence in understudies can reduce their craving to learn, the capacity to center, and the ability to go out on a limb.

As referred to in Aydn & Sar (2011), Internet addiction is defined as a kind of psychological dependence representing the need to be active on the Internet. Also, Internet compulsion as a sort of innovation fixation and conduct enslavement like a betting propensity. Child-rearing styles have been found to impact immature advancement (Carlo, White, Streit, Knight, & Zeiders, 2018). Along these lines, there is extensive proof that child-rearing styles play a significant factor in the improvement of Internet addiction.

1.2 Problem Statement

As a result of increasing internet capabilities, the self-esteem of adolescents is also affected as many adolescents appear to be active in the cyber world but not in the real world of adolescent reality. Study of Yong (2011) also finds that internet addiction in Malaysia should be studied in detail in the field of pathological psychology that related to mental health as he noticed an increase over time by internet users who also invited depression and other mental problems.

Research on internet addiction is widely used in Malaysia. However, the study of gender difference in the relationship between self-esteem and internet addiction is still limited in Malaysia, especially in Kota Samarahan, Sarawak.

For the empirical gap, the previous study pointed out that significance for the duration of regular daily existence and certainty can fill in as supports to Internet addiction among people with a massive degree of impulsivity Zhang et al., (2015). It shows that a couple of individuals with a low level of certainty even more regularly have an issue with over the top Internet use. Likewise, one of the various assessments Sariyska et al., (2014) found that low self-esteem can be a marker of Internet addiction. Yet, this result was gotten unmistakably in three countries which are Bulgaria, Germany, and Colombia. As communicated in Bahrainian et al., (2014), self-esteem has ascended as a factor related to Internet use and risky Internet use. This declaration, moreover got reinforced by Kim (2015) & Stein, Ellison, & Lampe (2008) whereby contemplates that have demonstrated that adolescents with low self-esteem will, in

general, put more vitality in long-range casual correspondence areas than those with higher self-esteem.

Those finding were not consistent with study by (Niemz, Griffiths, & Banyard, 2005). They stated users with lower self-esteem may be associated with unintended consequences from the Internet. It is because when people have low self-esteem and find it difficult to socialize because of their shame or lack of self-esteem, they can use the Internet as an alternative form of socialization, where they can open up and gain confidence without having to interact face to face. However, as noted earlier, the direction of the relationship is unclear, as low self-esteem can lead to excessive Internet use. This statement was supported by (Fioravanti et al., 2012) and (Naseri, Mohamadi, & Sayehmiri, 2015). This is because, people with a low level of self-esteem might refer to Internet use as an attempt to improve their self-esteem.

Thus, this study was conducted to focus more on gender in the relationship between self-esteem and internet addiction among university students in Malaysia.

1.3 General Objective

To study of gender difference in the relationship between self-esteem and internet addiction.

1.3.1 Specific Objective

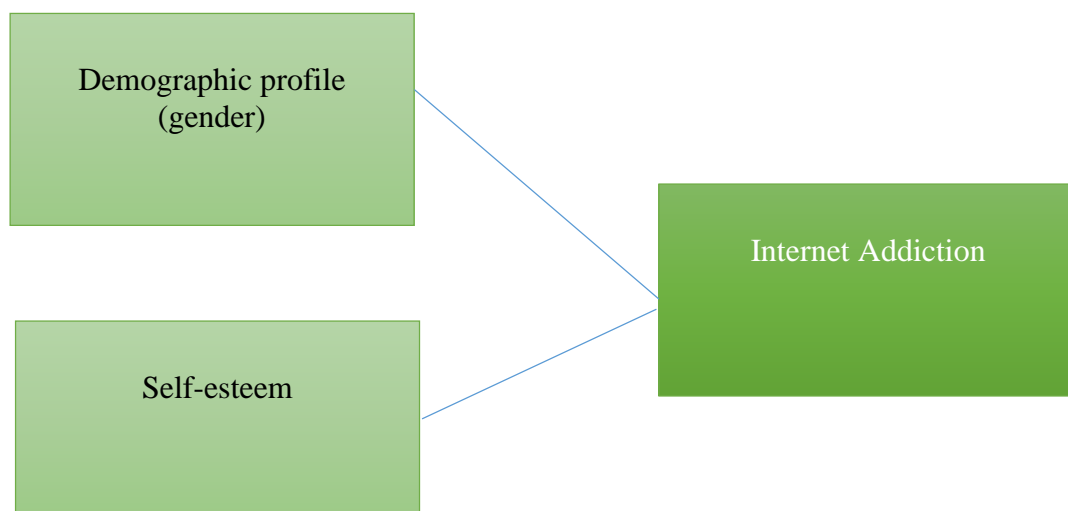
- i. To study the demographic profile of students.
- ii. To find the relationship between gender and internet addiction.
- iii. To study the relationship between gender and self-esteem.
- iv. To find the relationship between the self-esteem and internet addiction.
- v. To suggest the remedial to improve self-esteem.

1.3.2 Research Hypothesis

Null Hypothesis

- i. There is no significant relationship between female and male in internet addiction.
- ii. There is no significant relationship between female and male in self-esteem.
- iii. There is no significant relationship between the self-esteem and internet addiction.

1.4 Conceptual Framework



1.5 Definition of term

Terms	Conceptual	Operational
Internet Addiction	Internet addiction is categorized by extreme or poorly controlled preoccupations, urges or activities regarding computer use and internet access that lead to harm or misery (Shaw & Black, 2008).	Internet addiction was measured by using the Internet Addiction Test (IAT) based on the respondents' perspective that will reflect the respondents' level of addiction.
Self-Esteem	Self-esteem states to person's view or subjective appraisal of one's self-worth, one's emotional state of self-respect and self-confidence and the level to which the individual holds positive or negative opinions about themselves (Sedikides & Gregg, 2003).	Self-esteem was accessed using Rosenberg Self-esteem Scale, where to measure the respondent's feelings, how they think about themselves, and the overall sense of self-worth, personal values and level of self-esteem.

Terms	Conceptual	Operational
Gender	Roles and responsibilities of men and women that are created in our families, our societies and our cultures. The concept of gender also includes the expectations held about the characteristics, aptitudes and likely behaviours of both women and men (March, C., Smyth I., 2003).	Gender was collected by selected their gender in the demographic section.